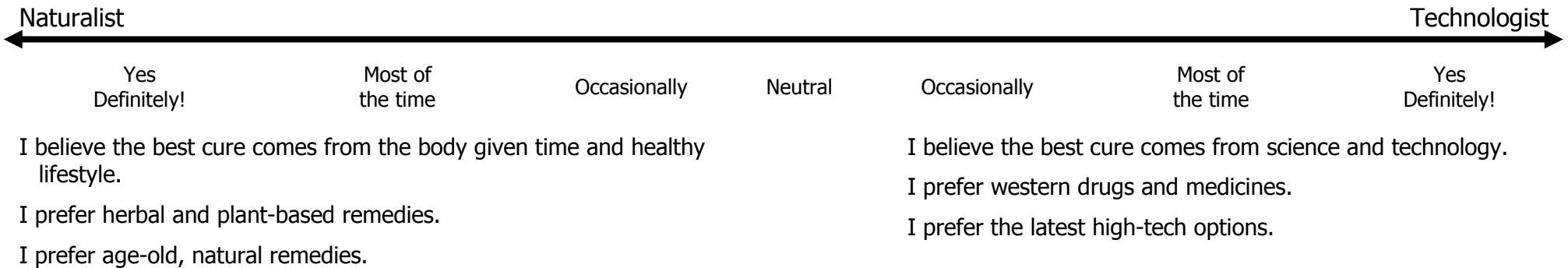


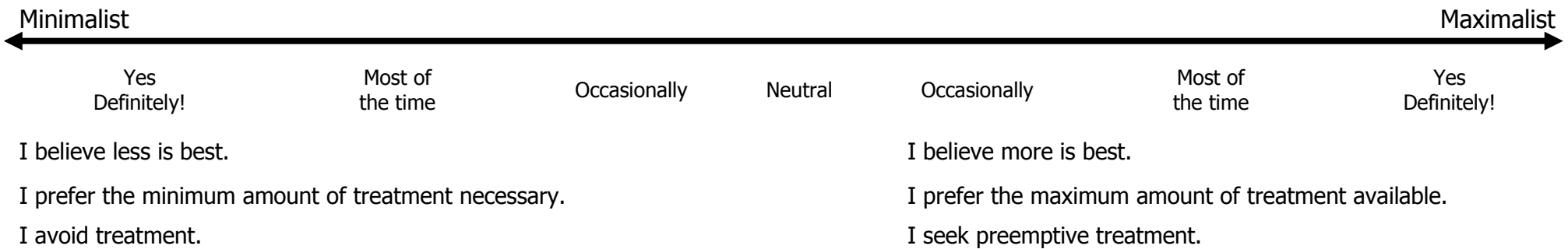
The Groopman Spectrums: *Understanding Your Biases and Orientation in Medical Decision Making*

Adapted from *Your Medical Mind*, 2011, (Groopman & Hartzband)

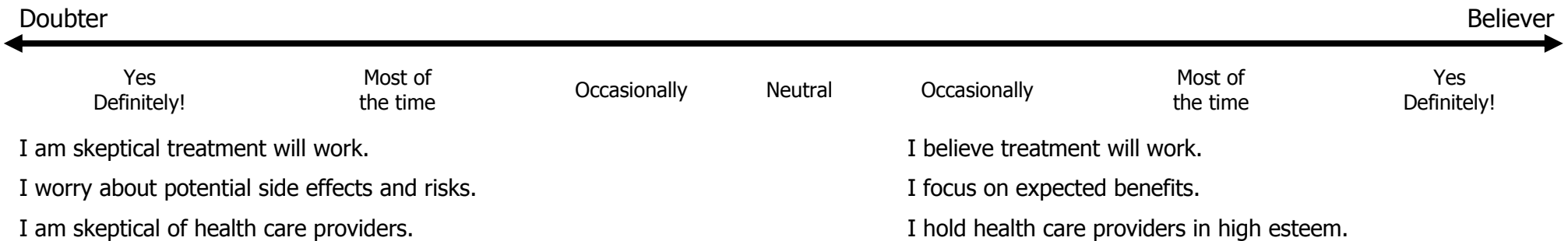
Naturalist vs Technologist



Minimalist vs Maximalist



Doubter vs Believer



Understanding your natural inclinations and where they come from gives you a greater ability to be flexible and make better choices for yourself. Being aware of your values and being able to communicate those values makes you a more effective patient.

Examples:

A believer with a maximalist naturalism mind-set may seek the latest and greatest natural remedies for the fittest, healthiest pregnancy and childbirth.

A believer with a maximalist technology mind-set may ask for ultrasounds and vaginal exams at most prenatal appointments.

A maximalist believer with a naturalism mind-set may try nipple stimulation and evening primrose oil as they get close to 40 weeks, hoping to prevent a prolonged pregnancy. A minimalist won't do anything, believing the body takes care of itself without a lot of help.

A believer with a maximalist mind-set might spend a lot of time doing optimal fetal positioning exercises all through pregnancy in an effort line up baby perfectly for an efficient labor.

An extreme doubter with an extreme minimalist naturalism mind-set may forgo prenatal care and choose unassisted birth.

An extreme believer with a maximalist technology mind-set may choose an elective cesarean delivery.

A minimalist with a technology mind-set may want to avoid augmentation until absolutely necessary, and then chooses pitocin and arom over nipple stimulation and positioning to achieve results.

A woman who chooses to give birth in a hospital with an OB and wants a low-intervention, unmedicated birth could be a believer with a minimalist technology mind-set.

Doubters may hire doulas as a buffer against doctors and hospitals but may also doubt the doula's efficacy.

A maximalist may want a doula and an epidural.

Material for this hand out comes from:

Groopman, Jerome. Your Medical Mind: How to Decide What Is Right For You. Penguin Press HC, 2011

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